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## Relationship of physical activity and happiness in college student: a web-based study

Azadeh Lesani<sup>1</sup>, Dr. Asghar mohammdpoorasl<sup>2</sup>, Dr. Maryam Javadi<sup>3</sup>

### Abstract:

**Adjective:** Happiness lead to physical health by improving the function of the immune system and predicting life expectancy among healthy individuals also physical activity protects people against diseases. In this study we examined the relation between happiness and physical activity.

**Method:** In this cross-sectional web-based study, all students of Qazvin University of Medical Sciences in Iran who had course class were invited to participate in the study. 541 students filled out the web-based questionnaire including questions for measurement of happiness, physical activity as well as socio-economic and demographic information. SPSS 22 software was used for statistical analyses.

**Result:** The mean of the participants' age was  $24.14 \pm 4.88$  (18-46 age range). The mean of happiness score was  $114.59 \pm 18.31$  (min: 44, max: 157). Happiness was significantly associated with socio - economic status ( $P = 0/009$ ) and physical activity ( $P < 0/001$ ). However there was no relationship between happiness and gender and year of education.

**Discussion:** Our findings were consistent with results of studies in children, Iranian teenage girls. Increase the duration of exercise can lead to improved mood. People who did exercise have higher levels of self-esteem and happiness. Although a review of systemic reported that exercise can reduce negative temper nor increase positive temper. So sports programs intervention in all age groups not only can help to improve health community and prevent of disease but also improve mental health and cause happier feeling also decreased depression and negative feeling.

**Conclusion:** students who regularly did heavy exercise more than a half-hour in 5 days of a week showed the greatest amount of happiness so that regular exercise could increase life satisfaction and improve physical health.

**Keyword:** happiness, optimism, physical activity, exercise.

1) Children Growth Research Center, Qazvin University of Medical Sciences, Qazvin, Iran :  
azadehlesani2015@gmail.com

2) Tabriz University of Medical Sciences, Tabriz, Iran.

3) Children Growth Research Center, Qazvin University of Medical Sciences, Qazvin, Iran